By JADYN DAVIS  
STAFF WRITER

Netflix’s end to password-sharing has sparked a debate in the Ithaca College community regarding whether it is the best business practice and how the new rule will impact college students.

Back in 2017, Netflix tweeted, “Love is sharing a password.” However, in 2023, Netflix announced that it would put an end to password-sharing by preventing users who do not have the same Internet Protocol address, which helps identify devices that are connected to the internet.

According to The Streamable, every 31 days, secondary users will have to make sure they are connected to the same WiFi as the primary user of the account when logging into Netflix. Netflix plans to implement a new system that will charge users an additional fee for sharing their account with more than two people who do not live in the same household as the primary user.

Junior David Klos, who currently shares an account with his roommate, said that the end to password-sharing can cause people who do not live in the same household to have to make a new account and the audience will go where the content is. However, Peter Johanns, associate professor in the Department of Media Arts, Sciences and Studies, said that the competition among streaming companies has caused Netflix to enforce tighter restrictions in order to stay afloat.

“Netflix wants to maintain a viable business model in this ever-competitive landscape and this is what they have to do,” Johanns said. “I think more of the issue is, [Netflix’s] non-exclusivity to content, where it used to be the primary place for audiences to go. Now again, places like Peacock, Disney+ and Paramount+ are starting to have the content that used to be on Netflix, and so the audience will go where the content is.”

By PRAKRITI PANWAR  
ASSISTANT NEWS EDITOR

International students at Ithaca College were confused and frustrated when their health insurance was abruptly denied in Fall 2022 by the college’s affiliated health insurance broker. After being provided with a one-time waiver upon inquiring, they were subsequently informed that their insurance will not be accepted from Fall 2023 onwards, which raised concerns over affordability.

With multiple stakeholders and partners involved in the insurance process, international students who were in the United States for now, had to choose to opt out.

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By JADYN DAVIS  
STAFF WRITER

Since 2022, Netflix has struggled to maintain viewership. According to USAToday, Netflix lost a total of 700,000 subscribers from April to June 2022.

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By AUBREY VILLASENOR  
STAFF WRITER

Across Ithaca College, there are limited course offerings as a result of major curricular revisions and faculty cuts made during the 2020–21 academic year.

In October 2020, La Jerne Cornish, then-provost and senior vice president for academic affairs and current president of the college, announced that the college planned to cut about 130 full-time equivalent faculty members because of a need to “resize the college” after years of declining enrollment.

Every academic program at the college was reviewed by the Academic Program Prioritization Implementation Committee as part of the Academic Program Prioritization process, which began in 2020.

Ultimately, five graduate, 17 undergraduate degree programs, three departments and 116 full-time equivalent faculty positions across the college were discontinued or suspended because of the APP plan. FTE cuts were achieved through attrition — voluntary retirements, departures or the non-renewal of contracts.

The cuts led to widespread criticism by faculty and students alike, including those affecting the former School of Music, now the Center for Music at the School of Music, Theatre, and Dance, as well as other departments across campus.

According to Horizon Research, 71% of people ages 18–24 watched Netflix on a weekly basis in 2022. A survey from Statista stated the percentage of people subscribed to Netflix in 2021 between the ages of 18–34 was 75%.

The percentage also included people who lived in a household with someone who was subscribed to Netflix. In an article from CNBC, Netflix spokesman Kumiko Hidaka refused to comment on ways Netflix will support college students who regularly utilize account-sharing with others.
Former President Carter enters hospice care after hospitalization

Former President Jimmy Carter, the Georgia native who is the longest living president in U.S. history, has decided to forego further medical treatment and has entered home hospice care, the Carter Center said Feb. 18.

The Carter Center did not elaborate on the former president’s condition, but the 98-year-old has endured a host of ill-health as he has outlived two presidents who succeeded him along with his own vice president.

US Vice President says Russia committed humanitarian crimes

Vice President Kamala Harris said the U.S. has concluded that Russia committed “crimes against humanity” in its invasion of Ukraine and vowed that Moscow would be held to account for its actions.

“In the case of Russia’s actions in Ukraine, we have examined the evidence, we know the legal standards, and there is no doubt,” Harris said in an address Feb. 18 to the Munich Security Conference. “The United States has formally determined that Russia committed crimes against humanity in its invasion of Ukraine, and we have vowed that Moscow will be held to account.”

Death toll rises above 40,000 in Turkey as aftershocks continue

The total number of people in Turkey killed in the devastating earthquake has reached 40,642, the disaster authority AFAD said Feb. 18. Several thousand more died in neighboring Syria. Later on Feb. 18, a 5.3 magnitude earthquake shook southeastern Turkey, in the Kahramanmaras area, which was affected by the initial quakes.

More than 5,700 aftershocks have been recorded since the original 7.8 magnitude quake hit the Turkey-Syria border region on Feb. 6. AFAD Chairman Yünnus Sezer told reporters in Ankara earlier Feb. 18.

Chemical train crash in Ohio shows vacancy at US agency

President Joe Biden has yet to nominate someone to lead the federal agency that regulates the transport of hazardous materials. The Department of Transportation’s Pipeline and Hazardous Materials Safety Administration has been without an administrator since Biden took office in January 2021.

Students swing together at Jazz Jams club

On Feb. 16, The Ithacan ventured into the James J. Whalen Center for Music to hear student musicians perform classic jazz standards with their friends at the IC Jazz Jams club.

New California bill bans evictions for arrested tenants and families

California tenants and their families would no longer face mandatory eviction or exclusion based on their criminal histories or brushes with law enforcement under new legislation introduced Feb. 17. Assembly Bill 1418 takes aim at local policies known as “crime-free housing,” which can force landlords to evict tenants accused of breaking the law or refuse to rent to those with prior criminal convictions. The rules make it harder for renters to find and remain in affordable housing.

THE ITHACAN

220 ROY H. PARK HALL, ITHACA COLLEGE, ITHACA, NY 14850
(607) 274-3208 • ITHACAN@ITHACA.EDU

EDITOR-IN-CHIEF
CAITLIN HOLTZMAN
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COPY EDITORS
Mae Cahill, Alex Chaudhuria, Grace Condon, Emily Frischer, Ray Milburn, Aaliya Presswala

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Contact the News Editor at ithacannews@gmail.com or 274-3208

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Store openings and closings create retail instability

By Noa Ran-Ressler
Assistant News Editor

Since 2019, the City of Ithaca has seen fluctuations in the number of businesses opening and closing. According to NRC, businesses in college towns across the state have shut down in 2020 as students were sent home from their institutions, causing businesses to lose their customer base and their employees.

Businesses in college towns can be reliant on students’ presence to support the economy, as students eat at restaurants and buy supplies and clothes from stores in the area. When students were sent home, many small businesses in Ithaca were forced to shut down in 2020 as students were sent home from their institutions, said the cafe has struggled since opening in 2018 but has managed to stay open through the COVID-19 pandemic of its regular customers.

O’Scammom said one step that she has taken to keep customers engaged with the cafe is moving to a new location. While the cafe had to move its new location on North Cayuga Street in early February, O’Scammom said that has already noticed a difference.

“The space just feels lovely,” O’Scammom said. “We get a lot more foot traffic ... We are cheerfully optimistic that it is going to be a boon for the business.”

Ferguson said that in some cases, a chain store opening or closing can have local impacts, especially if the chain location is owned by a local franchisee.

Ferguson said that in some cases, a chain store opening or closing can have local impacts, especially if the chain location is owned by a local franchisee. He said Paris Baguette, which opened in August 2022 on The Commons, is owned by a local resident, Yeonseok Song, who bought the rights to use the chain’s name at the Ithaca location.

“The Commons is owned by a local resident,” Ferguson said. “We're out on a regular basis trying to fill various spaces.”

Viva Taqueria will relocate across the street from its current location to the Ithaca location of Moe’s Southwest Grill and Ithaca’s last Friendly’s have all closed in the past year, while other businesses have opened on The Commons and in the greater City of Ithaca.

CONTACT:
NRANRESSLER@ITHACA.EDU
AVILLESENOR@ITHACA.EDU

Course offerings decrease but faculty workload rises

From Course Cuts, Page 1

According to Homer Connect, broken up among different schools in Spring 2019, there were 795 courses offered in the School of Music, Theatre, and Dance; 290 in the Roy H. Park School of Communications; 146 in the School of Business; 1,220 in the School of Humanities and Sciences; and 457 in the School of Health Science and Human Performance. In Spring 2023, there are 989 in the School of Music, Theatre, and Dance, 213 in the Park School, 98 in the School of Business, 624 in HKS and 405 in IHSF.

Dan Breen, associate professor in the Department of Literatures in English, said that with the move to a four-credit model, faculty must revise curriculums.

“In Humanities and Sciences especially, the workload has generally increased because a number of departments have had to redesign their curriculums since they no longer have enough faculty to deliver curricula as they existed,” Breen said via email.

“Faculty retention is, not surprisingly, struggling, in addition to the faculty members whose contracts weren’t renewed as a result of APP, a number of other faculty have left the college voluntarily.”

In Fall 2022, there was a pianist short-age affecting the Center for Music, and now there is a lack of course offerings impacting the student body across the college.

Junior Evin Morse is a music education major and said that the cuts have made it more difficult to want to keep up with changes as they come, but it’s part of the normal life of doing business.

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CONTACT:
AVILLESENOR@ITHACA.EDU

In May 2021, the college also announced the closure of the Academic Advising Center less than a decade after it was created, with advising responsibilities transferred to faculty advisors, something Morse said only made things more difficult.

First-year student Olivia Malok is an occupational therapy major and said that the lack of course offerings has added to the stress of registration, especially for first-year students like herself.

“This is all new to me and I think the fact that the college is changing made it difficult,” Malok said. “I got up at the crack of dawn to get into those classes. I didn’t get into a lot of them because I just couldn’t, like, there was only one class available.”

Malok shared those concerns about advising, noting that while her faculty advisor has been helpful, the Department of Occupational Therapy has not been as useful or communicative about the issue.

“I haven’t necessarily heard anything from [OT] regarding registration for classes,” Malok said. “They kind of just brush it off a little bit, like, ‘Oh, well, it’s fine. You’ll still graduate in five years, like we’ll figure it out.’ I don’t think that they see it as much of an issue.”

Martin acknowledged the challenges of changing the curriculum and supporting students through the transitions. She said in her email that the new curriculum is designed without graduate programs in mind to help alleviate issues students are facing currently.

“Changing curriculum is HARD, and sometimes there needs to be a catastrophically event to get the ball rolling,” Martin said via email.
Insurance brokerage creates campus confusion

FROM INSURANCE, PAGE 1

International students can opt out of the SHIP only if they have insurance that meets standards determined by University Health Plans, an expert brokerage that specializes in risk management for colleges and universities.

Historically, international students have been able to opt out of the SHIP by signing a waiver form and sending their insurance information to UHIP for review. Because most international students cannot carry over health insurance from their home countries to the United States, they purchase plans from companies like the International Student Organization. ISO is a health insurance company that specifically creates affordable health insurance plans for international students in the United States.

Pereira is an international student from Brazil and said she was annoyed when she found out — only upon inquiry — that her waiver was denied because she was not informed that the college is no longer accepting ISO insurance plans.

"Last semester [Fall 2022] I was just so mad because I have health insurance that literally matches all the policies that [the college] requires," Pereira said. "It's not a really cheap health insurance … but it is much less than the school one and it literally covers everything that we need that, I think that their insurance is closing off for me.

Pereira said that whether or not the insurance plan is compliant with the ACA has not been a reason for denial in the past.

Niraj Jain, senior director of operations at ISO, said international students are not legally required to have an ACA-compliant plan.

"Jani said that while requiring students to have an ACA-compliant health plan is beneficial, it is not fair to international students.

"The intention for the school was good," Jain said. "You might have friends who are citizens or residents or even domestic students. They have other options [to get an affordable insurance] … but as an international student, you really do not have that option. So it's not a fair playing ground for you to compare." Pereira said she would have no copays and frequency of medical plans ranging from $864–$1,452 from Aug. 10, 2022–Aug. 9, 2023.

ISO offers three Affordable Care Act-compliant health insurance plans for the 2022-23 academic year and that communication is happening relatively quickly for something that was complicated, and there wasn't sufficient time for those things to be communicated.

Khan, an international student from Pakistan, said that when she went off campus to visit her doctor's office for a routine checkup in New Jersey, she was charged $300 despite having her MVP insurance and struggling with communicating with MVP Health Care.

"These are 28, 23-year-olds, coming from completely different countries who have no idea about how to deal with insurance because they come from places most likely where healthcare is cheap," Khan said. "They need a breakdown; they need objective things that show them what their insurance covers and what it doesn't cover.

"I was really stressed for me because for months, the money was completely blocked off for me.

"If you give me a solid answer, like a very good reason . . . I will work my ass off to pay this health insurance," Pereira said. "But if you don't give me a right answer — international students will struggle even more than we already do."

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The past and they are fantastic researchers, the individuals that have won this award in currently working on. … When you go to think that they recognized the constraints and in the works, but I haven't necessarily different research projects up in the air I had won it. I think that I have a lot of

My initial reaction [to the award?]

sitting down with Faherty to discuss the award and her research. Amanda Faherty, assistant professor in the Department of Psychology at Ithaca College, the Leigh Minturn Memorial Prize for Early Career Cross-Cultural Research. A first-generation student Rishabh Sen, senior Senate Chair Austin Ruffino said. "My sophomore year, SGC passed 40 something hills in which most of them nothing happened. … These discussions [this year] may not need bills." First-year student Rishabh Sen, vice president of campus affairs, said. "I wish to see Grace Madley, president of the student body, and first-year student Matthew Williams, senator-at-large, about adding a representative senate seat for the Students of Color Coalition and for first-generation students. I myself am a first-generation student and think a lot of the considerations about what student life is like here at Ithaca doesn't really think about what life is like for a first-gen student," Sen said. Some Mayra Scriven, vice president of communications, first-year student Asata Robbalt, senator-at-large, said. "I'm presiding of academic affairs, and senior Maxwell Powers, senator-at-large, focused on finding ways to increase accessibility on campus, which has been a long-term issue on campus.

This included laying out a structure for how the bill would be written. This bill would have multiple sections, including one on the implementation of an online accessibility map showing which parts of campus are accessible and creating more efficient routines for traveling on campus. "It's about ensuring accessibility from what we have," Scriven said. First-year students Dante Conde, senator-at-large, and Caleb Cackowski, senator-at-large, talked about the environment with a tree planting and sky viewing bill. Both of these bills aim to improve the natural beauty of where the college is located. "For a day, all the non-essential lights would be turned off and try to limit as much light pollution as possible in order to get the most out of the night sky," Conde said. "It's important to not only take advantage of the space here but the space above.

CONTACT: OPERTRUCH@ITHACA.EDU

Q&A: Assistant professor wins award for cultural study

The Society for Cross-Cultural Research: an international organization, has awarded Amanda Faherty, assistant professor in the Department of Psychology at Ithaca College, the Leigh Minturn Memorial Prize for Early Career Cross-Cultural Research. Faherty will accept the research award in February in Puerto Rico at the annual SCOR conference. The SCOR recognizes professionals and students in the social science disciplines of psychology, sociology and related fields. Faherty's current research focuses on how culture and society impact the relationships between parents and children and the development of the children.

Contributing writer Ashan Chandraseka sat down with Faherty to discuss the award and her research. 

"The integrate has been edited for length and clarity.

Ashan Chandraseka: What was it like winning the award?

Amanda Faherty: My initial reaction [to winning the award] was just surprise that I had won it. I think that I have a lot of different ideas and projects up in the air and in the works, but I haven’t necessarily been able to complete as many of my research projects as I’ve wanted to. … I think that they recognized the constraints that I was under and also my potential for publishing a lot of the studies that I’m currently working on. When you go to those conferences, you get to know a lot of the individuals that have won this award in the past and they are fantastic researchers, people that I’ve looked up to and to be in terms of a researcher.

AG: What are some applications of the research you are conducting?

AF: Application oftentimes occurs after the research projects. Our work in Guatemala has [looks at parent-child relationship]. We’ve tried to use some of our findings … to support the researchers and help their training for working with different individuals of different ages, specifically adolescents, and then later as they age. … I strive to have my research be applied in other ways. [I am looking] at how we could develop programs and hold different types of parenting classes.

AG: What do you believe sets your research apart from other entries?

AF: I don’t know who the other people who were nominated for this research award are. I think that my research is interesting and also a little bit different in trying to understand the cultural foun- dations of that parent-child relationship. Oftentimes, we’re interested in studying that parent-child relationship and how that relates to well-being. We’re also really used to doing it during the periods of childhood and adolescence. I’m looking at emerging adulthood, which is something new. … In my mind, [parenting] has to be thought about in one’s culture to understand what they’re valuing, and then what par- ents would expect out of their children.

AG: What are future areas of research you are looking to extend your work into?

AF: That’s the fun part of doing research — you have to think about new ways to extend to different populations and even different ideas. We’re starting to look at if there is the existence of emerging adulthood in Guatemala, and so emerging adulthood is this time in the lifespan, 18 to 29, where individuals [are] oftentimes changing adulthood roles. We do see that emerging adulthood doesn’t exist in all cultures. … We’re looking at Guatemala, which is a developing country, and seeing if there’s any sort of pattern for individuals during this time to delay those adulthood roles. So that’s one way I’m extending my research. Another way I’m looking to ex- tend my research is by looking at emerging adulthood in Dubai and seeing what those distinct features are, and then also how their culture is influencing parent-child rela- tionships during that time.

AG: What advice do you have for students or other individuals interested in conducting research in the future?

AF: Ask around for opportunities. I know our psychology department is awesome in that it’s a requirement that individuals get involved in research. Oftentimes, people just don’t understand what research is, they don’t know what it’s about. … [One] of the classes that I teach is our research team. Once you’re exposed to research, you learn a lot of skills, even if you’re not going to conduct research in the future. Just try to get involved and look for different opportunities.

Candidates add to council ballot

More candidates for the City of Ithaca’s Common Council have announced their campaigns for the November 2023 general election, which will reelect all 10 council seats because of redistricting.

The current 1st Ward Alderperson Cynthia Broock announced that she will be seeking reelection for her fifth term on the Common Council. According to The Ithaca Voice, the 4th Ward Alderperson Jorge De- Vienti, the 6th Ward Alderperson Tiffany Kumar and 2nd Ward Alderperson Phoebe Brown are also running for reelection.

The 3rd Ward Alderperson Jeffrey Burken — who was elected in November 2021 — announced in a personal statement Feb. 12 that he will be resigning from his position in June.

There has been no announcement from 1st Ward Alderperson George McGonigal as to whether or not he will be seeking reelection or stepping down.

Current 3rd Ward Alderperson Rob Gearhart has previously said he is not running for reelection.

Kayla Mazer, deputy director at the Southside Community Center, is a new candidate running to represent the 1st Ward.

The 2nd Ward Alderperson Ducson Nguyen was the first to begin his campaign for reelection as an alderperson and 1st Ward Alderperson Robert Cantelmo began his campaign for mayor in January.

Kathleen Bergin is campaigning for the position of Ithaca Town Justice and endorsed six of the candidates currently running for the Common Council.
ChatGPT and AI talk continue in the field of scientific research in addition to a high GPA. Faculty members who are nominated by other faculty should have examples of research. For more guidelines, visit the Sigma Xi website at sigmaksi.org. There are two forms to fill out to nominating someone: a local form and a national form. The local Sigma Xi committee will forward the local form and forward the national form to the national organization. Faculty nominations do not need to be members of the organization themselves. Forms need to be submitted to asmhh@ithaca.edu.

IC library installs Bloomberg terminal for finance information
A Bloomberg terminal was installed on the Ithaca College library’s second floor. All students, faculty and staff can use the financial services tool. Bloomberg terminals provide updates on market reports, economic industry changes, finance industry news and more. For more information on the function of a Bloomberg terminal, visit bloomberg.com. Instructions on how to use the terminal are also available on the library’s first floor guide website.

This project at the college was started and maintained by Mejda Bahlous-Boldi, associate professor in the Department of Economics and International Business and director of the Investment Program; Matthew Fox, trading room manager; Jim Bondra, business reference librarian; Ben Hogben, library access services manager; and Chloe Ivy, administrative assistant in Information Technology.

College Board of Trustees announce 15 faculty tenure promotions
The Ithaca College Board of Trustees announced 15 faculty tenure promotions to take effect at its February meetings. The faculty members were promoted from assistant to associate professor. The promoted faculty are: Kari Smoker, associate professor in the Department of Accounting; Julie John, assistant professor in the Department of Management; Lauren Steele and Maria Mejia Yepes, associate professors in the Department of Media, Arts and Sciences; and Juen-Huemmer, associate professor in the Department of Strategic Communication; Shannon Scott, associate professor in the Department of Occupational Therapy; David Hajjar and Carly Jones, associate professors in the Department of Speech-Language Pathology and Audiology; Patricia Capaldi, associate professor in the Department of Art; Andrew Torelli, associate professor in the Department of Chemistry; Daniel Quigley and Chris Vos, associate professors in the Department of Mathematics; Raul Palma, associate professor in the Department of Writing; and Kyle Ambrust, associate professor in the Department of Performance Studies.

Positions available on Student Activities Board executive board faculty positions
There are new e-board and committee positions available on the Student Activities Board. SAB is a student organization that is responsible for organizing Ithaca College’s events and programs. There are many different positions open that have different skill requirements, including treasurers, communications executive and events co-chairs. Students who are interested in applying can apply on IC Engage, using the form on SAB’s page. After submitting the form, applicants will receive more information and instructions via email.

The application window closes March 1.

Confidential

Petit larceny under $50
LOCATION: 354 Grant Egbert Blvd. SUMMARY: A summary that an unknown person stole an exit sign. This is a pending investigation.

Petit larceny under $50
LOCATION: 284 Ithaca Drive SUMMARY: A caller reported that a four-door, motor vehicle crash had occurred with one person suffering pain to their back and chest. That person was then transported to the hospital by ambulance.

Petit larceny under $50
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Petit larceny under $50
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DECISIONS WILL BE SENT MARCH 5. FOR QUESTIONS, CONTACT SAB PRESIDENT JENSEN SEWELL AT JENSEN.SCHOOL@ITHACA.EDU.

PROCTOR EXPLORATORY LOUNGE HOSTS DESTRESS FEST BEFORE MIDTERMS
From 7 to 9 p.m. March 1 in the Exploratory Lounge, the Ithaca College Exploratory Program will host a Destress Fest for some relaxation before midterms. The Exploratory Lounge is located on the second floor of Muller Faculty Center. Snacks and coloring pages will be provided at the event. For those requiring accommodations, contact Ellen Chapman at exploratory@ithaca.edu or 607-443-4632.

All applications due for Peggy Ryan Williams leadership award
From February 3 to February 25, the Peggy Ryan Williams Award for Academic and Community Leadership applications are due. For questions, contact the Office of Student Engagement at office@ithaca.edu.

SUMMARY: A caller reported that a personal item had been stolen.

Police: A water leak caused a water heater to heat up and extinguish itself. The water heater was referred to student conduct.

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Insurance changes cause confusion among students

Being an international student is a big commitment that usually induces anxiety at first, and when the college one attends lacks communication skills, a student’s experience in a foreign country becomes inferior. In Fall 2022, Ithaca College caused confusion because of poor communication with its international students about an updated Student Health Insurance Plan, insurance that every student is automatically enrolled in. Students are allowed to opt out of the college insurance plan as long as their alternative insurance meets University Health Plans’ standards.

For the 2022–23 academic year, the provider for SHIP was MVP Health Care and somehow the same year, alternative insurance plans like International Student Organization that have been used by students before with no complications were declined. No updates were sent to students, but only when international students bought their alternative insurance and tried to opt out of the college one, their insurance waiver was declined with a note that there have been changes to the insurance plan.

The changes are not clear to understand either. International students received emails from UHP, which stated that insurances like ISO are not compliant with the Affordable Care Act. As a result, waivers of many international students have been declined. The college’s website, on the other hand, says that it has to be compliant with the college’s plan.

Not having clear information on the college’s health insurance changes financially harmed many international students. Some students had to purchase the college’s SHIP after paying for the alternative that was declined. Other students got a one-time waiver form that allowed them to use their alternative insurance. It is understandable that rules can be a matter of change, however, after they occur, everyone, or at least the group that is going to be affected by it, has to be notified. The college should not let its international community suffer financially because of its poor communication skills.

Closed stores could open doors for local businesses

The truth about closing businesses is that they have not only negative, but also positive impacts. Ithaca has had shifts in multiple businesses closing and opening since 2019. Some local businesses, like Pasta Vitto, Waffle Frolic and chain businesses, like Burger King, Friendly’s and Moe’s Southwest Grill, have closed.

The COVID-19 pandemic does not directly have much to do with these stores closing down, except for causing the loss of customers. Inflation, on the other hand, does affect businesses. Depending on the type of business, the harms inflation causes may differ. Demands for the businesses might fall that are not necessities. Costs of utilities, wages and raw materials rise, causing businesses to concentrate only on their higher-margin goods.

However, inflation is not the only cause of failing businesses. It is not odd for businesses to close frequently, especially if they are small businesses. Unfortunately, 49.7% of businesses fail only five years into the work. It certainly is unfortunate to see local businesses fail when they are the better environmental alternatives to chain stores. Even though there are many steady stores in Ithaca, many businesses still come and go all the time.

Some chain businesses closing should be viewed as a positive outcome because fewer chain businesses give more space for local ones to expand around Ithaca.

Local businesses are not only better for the environment, but create more local ownership, have better selections and invest in local prosperity. Local businesses support each other and create more job opportunities, unlike chain stores. After all, businesses fail and succeed all the time, and it is up to consumers to decide which business will succeed. So, let’s pick local businesses that will bring more good than harm to our communities.
The lives that IC administration chainsaw massacred

BY FAE DREMOCK
FORMER ASSIST PROFESSOR

In January 2021, 116 full-time equivalent faculty members were cut from Ithaca College. Among those were non-tenure track (NTEN) faculty on 3–5 year appointments with advisees and research students, serving on committees in their departments or across the college. These NTEN faculty had every expectation of continued renewal, and some of them had been at the school for over 20 years. Some had just been renewed for another 3-year appointment. Some had been recommended for conversion to tenure; some had been promoted to associate. Shortly after the draft cuts were made public and the call for feedback went out, I was told by Melanie Stein, the former dean of the School of Humanities and Sciences, that my position would be terminated. Even though the timing and feedback and comments I had, in fact, barely began — these NTENs were all called in one by one and terminated.

We managed the college was sinking from pandemic debt, the administration were taking pay cuts, this was the only way out of, and for most people in the world, it is not something easily or reasonably reduced. That said, as an inheritor of extraordinary privilege, it is not something I can just walk away from. I am feeling anxious about the worsening environmental crisis, the injustice of it all and my role as a consumer. We are told that consumption is more than just part of the problem; it is the solution to our shared environmental crisis, but it cannot save the environment all by itself. Green consumption may well be part of our way out of this mess.

In contrast with consumption, consumerism is the ethos of buying stuff beyond one’s needs. It is not a universal human tendency, but a particular outcome of colonization and global capitalist expansion. It is consumerism that is being indicted by environmentalists while also being promoted as a solution to environmental problems.

Green consumption works according to three basic principles. First is incentivizing, rather than regulating, pro-environmental behavior. People do not like being punished, but they do like being rewarded for the choices they make. Let’s incentivize pro-environmental choices. Second is leveraging willingness to pay. Sure, many people cannot pay that higher price for organic, free-range, fairly traded this or that. But there is probably someone around who can. Let those consumers signal the industry that there is market support for their pro-environmental investments. Third, green consumption rewards efficiency in production. Consumer choices and the market apparatus that surrounds them can produce better stuff at lower prices with less waste through increased efficiency. All three of these principles are not exclusively the domain of green consumption, but they are consistent with a social system that doesn’t think about environment-society relationships.

Opponents point out that the context in which green consumption takes place is still capitalist in nature — a system inherently unequal and exploitative of the environment as well as society’s most vulnerable. Green consumption is thus prone to “greenwashing” the exaggeration or false marketing of products that are not really any more environmentally benign than their conventional counterparts. Buyers beware of terms like “all-natural” and “eco-friendly.” There is no system in place to back up the eco-labeling. On the other hand, some eco-labels are governed by elaborate certification schemes. For example, “USDA Organic” is a label with legal teeth provided by the United States federal government. “Fair Trade” and the “FSC” certification of the Forest Stewardship Council are governed by global networks of non-governmental organizations. Even these eco-labeling schemes, however, are no silver bullet. They can exclude smaller-scale and historically marginalized producers with the costs associated with certification and oversight.

Green consumption may well be part of the solution to our shared environmental crisis, but it cannot save the environment all by itself. None of us alone can green-consume our way to a happier environmental future for all. Go ahead and buy that greener alternative product if you can. But do not feel guilty if you can’t. Remember that there are plenty of other ways to make a difference. Green consumption must be part of a broad-based, multi-pronged initiative that also involves advocacy, political participation, community-building, corporate accountability and a real and durable commitment to equity and social justice.

Jake Brenner (he/him) is a professor in the Department of Environmental Studies and Sciences. Contact him at jbrenner@ithaca.edu.
Sophomore Martin Lowry plays the drums during one jam session at Jazz Jams. The club gets together every Thursday in the James J. Whalen Center for Music.

RAY MILBURN/THE ITHACAN

Students swing with evening jazz

BY ELIZABETH KHARABADZE
CO-LIFE AND CULTURE EDITOR

Walking through the James J. Whalen Center for Music, one can be greeted by a harmonious blend of instruments and vocals. In the evening, however, a group of students occupy the Brown Family Jazz Chamber Music Room, tied together by one thing: jazz.

Swaying in equilibrium between slow tunes and upbeat tempos, the Ithaca College Jazz Club hosts Jazz Jam sessions every Thursday night at 9 p.m. Students of all musical backgrounds can take part in a unique opportunity for music makers and enthusiasts to enjoy an evening of bop, swing, and funk.

The club’s activities were not always confined to a small room in Whalen, however. In a previous iteration, the Jazz Club performed at Towers Eatery, formerly known as Towers Marketplace. COVID-19 restrictions put a hold on the club’s public performances, leading the sessions to resume on a smaller scale.

Leading the club is a tradition passed to the next generation through senior Drew Martin. Martin said he has always been a lover of jazz — influenced by saxophonists Dexter Gordon and Sonny Rollins, as well as participating in jazz programs like Jazz at Lincoln Center.

Part of the charm of Jazz Jams, Martin said, was to reintroduce people to jazz as a versatile genre. According to the National Museum of American History, the genre took the early 20th century by storm in the United States — blending ragtime, marches and blues with the multiculturalism of New Orleans to create a new sound altogether. From there, jazz developed a variety of substyles, including bebop, cool jazz and hard bop.

“I don’t get upset, I just laugh because it’s vixie you have an undiscovered passion for jazz, you just haven’t found it yet,” Martin said. “Or you haven’t realized that it’s actually really cool. Many people don’t realize that a lot of the music that we listen to now was influenced by jazz.”

Jazz music also plays an important role in Black culture, with many early jazz songs serving as outlets for Black voices during the Civil Rights Movement. According to the Civil Rights Museum, many Black artists used jazz to help build community.

Among these, Nina Simone’s “Mississippi Goddamn” served as a response to the 1963 murder of Martin Luther King Jr. with her single “He Has A Dream.”

Sophomore Andrew Woodruff joins in with other members of the Jazz Club’s Jazz Jams. One of the club’s goals is to share the love of jazz music with others.

THOMAS KERRIGAN/THE ITHACAN

The collaborative nature of the sessions is what first-year student Grace Gonoud said drew her to Jazz Jams. As a music education major, Gonoud said the club offers her an opportunity to try out as many instruments during the jam sessions as possible — anything from clarinet to cello.

“Everyone is super, super supportive,” Gonoud said. “That’s something I really like about it. Even if you are just starting out on your instrument [and] you’re like, ‘Hey, I kind of like jazz. I want to come and play.’ It’s a really great spot to do that. And it doesn’t matter what level you’re at. You could be a near professional … or just starting out freshman like me, and either way, it’s, like, super fun. There’s a space for you.”

First-year student Matthew Hastava, a music education major, said he was drawn to the club by how freeing the experience of playing music on his saxophone with others was.

“The cool thing about jazz is that when we go in there, nothing is planned,” Hastava said. “[You] just feel a connection and you just go with the vibe.”

Deep passion and understanding of the music are not only felt among the club’s participants. Junior Sarah Flynn said she often comes to listen in on the jazz sessions but does not actively participate in them. For Flynn, she said that the experience of being an audience member at Jazz Jams is often her “window ensemble concert or something.” Flynn said, “They’re very open to applause after solos and cheering on and everything. So it’s just really, really casual and really fun.”

Classical music culture is very prevalent in music society. Yet, according to the New York Times, the percentage of people attending classical music performances is on the decline — with only 8.6% of adults attending concerts.

Extensive concert etiquette for classical music performances pose another barrier to attendance, with rules on how to dress, when to arrive and when to applaud. Jazz concerts, on the other hand, are much more casual and are open to all, regardless of experience. According to Hastava, “I want to see that change desperately because some of the best musicians I know aren’t a part of the school. That’s why I think this club is doing something great.”

Contact: kharabadze@ithaca.edu

LIFE & CULTURE
THURSDAY, FEBRUARY 23, 2023

9
The soft sounds of chatter fill the air as Ithaca College students talk in their target language about everything from movies and pop culture to world events, even the dating scene in Ithaca during weekly language conversation group sessions on campus.

The Italian and Spanish conversation groups on campus, known as Chiacchiere, which means chat or talk in Italian, and Tertulias, which means social gatherings or meetings to discuss current events in Spanish, consist of weekly sessions in which students are able to speak in the language they are learning in a more informal setting than their classes. Chiacchiere and Tertulias are the only two language groups currently running for the 2022–23 academic year. In the past, there have also been French and German language groups.

Marella Feltrin-Morris, associate professor in the Department of World Languages, Literatures, and Cultures, oversees Chiacchiere. Feltrin-Morris said the group was formed by members of the Italian faculty and has been around for as long as she has been at the college.

The purpose of the organization is to allow students opportunities they would not otherwise have to practice Italian.

“Obviously, if we were in Italy or in a place with a significant Italian population, the students would go out of the classroom and immediately have a chance to speak,” Feltrin-Morris said. “Being here, it’s clearly not as easy, so this will give students the opportunity to talk about either the class, material or practice conversation on various topics on a regular basis.”

According to an Intercom post from Feb. 17 advertising the Tertulias, the weekly conversations allow students to practice skills they have already gained at the college in a more relaxed environment.

Gladys Varona-Lacy, professor in the Department of World Languages, Literatures, and Cultures, is the organizer and advisor for the Spanish student-led discussions. She said that the Tertulias are a way to supplement courses so that students are doing in the classroom.

“The purpose for students is to enrich what they have learned and help them attain fluency,” Varona-Lacy said.

Varona-Lacy said there is no requirement for students learning Italian to attend Chiacchiere, although for 200-level Spanish courses, students must attend at least four Tertulias by the end of the semester.

Both groups are led by students that are native speakers of the languages this semester. Members of Chiacchiere have not always been able to find native Italian-speaking students to lead the group, but this semester they did, Feltrin-Morris said. The Tertulias have always been led by native Spanish speakers and will continue to be during Spring 2023. The current discussion leaders are seniors Alonso Gonzalez Reynaud, who leads the 300-level Tertulias and senior Isabella Orrego Madrinan who leads the 200-level Tertulias.

Gonzalez Reynaud has been involved with the Tertulias since Fall 2020. Prior to his current position leading the 300-level group for advanced Spanish students, he led the 200-level group for intermediate students. Which group that students participate in depends on either their level of fluency or the corresponding level of the Spanish class they are taking. Chiacchiere, on the other hand, is not separated by levels.

“Honestly, we don’t discriminate here,” Gonzalez Reynaud said. “If you’re having trouble somewhere, I always step in to help. … It’s very relaxed. Some students even come here that don’t even know how to speak Spanish and we still end up having a good time.”

Orrego Madrinan began working with the 200-level students at the start of the Fall 2022 semester. She said that she wants to be a positive experience that will enrich what students are already doing with other students.

“I genuinely like just being able to speak with Spanish other people and just see how they engage or teach other people the language,” Orrego Madrinan said.

Chiacchiere meets on Tuesdays from 1 to 2 p.m. in IC Square. The Tertulias for the 200-level courses meet Tuesdays at 12:10 and Thursdays at 7 p.m. in Friends 205. The 300-level group meets every Tuesday at 7 p.m. and Thursday at 12:10 p.m., also in Friends 205.

CONTACT: LLIPKA1@ITHACA.EDU

Q&A: Retired professor releases new book of poetry

Mary Gilliland, former professor of Cornell University and the Ithaca College Department of Writing, released a new collection of poetry in December 2022, “The Devil’s Fools.”

Gilliland said the book is a collection of poems that has several different concentrations: mirror imagery and texture, erasure poems, a poem about Odysseus, and prose poems. She said the end result was a “continuous poem of interrupted poems as well as writing in several years rather than from those written during one moment of inspiration.”


MG: How would you say this book differs from your past work?
RKS: The question sort of assumes that a poet starts a career by publishing a corresponding level of inspiration and then bringing out another book every few years. But I kept poetry a vocation rather than being a career by publishing fairly young and then bringing out another book every few years. My process for a poem is it gets started and then I’ll go back to it, and I’ll go back to it, and I’ll go back to it. These are probably intervals at every day for a sequence of days, or I’ll deliberately not look at it for a while. … Sometimes the greatest joy of inspiration is the surprise that comes in.

MG: Are there moments in time where you have found yourself finding the most inspiration from a certain topic?
RKS: There are many forms of inspiration or ways of inspiration. When I was in Scotland on that residency, I was writing about Egypt where I had been a few years before. I don’t sit down and say, “I’m going to write about this.” The language starts and it eventually tells me what I’m writing about. There are great moments of inspiration as I’m revising and editing. My process for a poem is it gets started and then I’ll go back to it, and I’ll go back to it, and I’ll go back to it. These are probably intervals at every day for a sequence of days, or I’ll deliberately not look at it for a while. … Sometimes the greatest joy of inspiration is the surprise that comes in.

MG: There are many forms of inspiration or ways of inspiration. When I was in Scotland on that residency, I was writing about Egypt where I had been a few years before. I don’t sit down and say, “I’m going to write about this.” The language starts and it eventually tells me what I’m writing about. There are great moments of inspiration as I’m revising and editing. My process for a poem is it gets started and then I’ll go back to it, and I’ll go back to it, and I’ll go back to it. These are probably intervals at every day for a sequence of days, or I’ll deliberately not look at it for a while. … Sometimes the greatest joy of inspiration is the surprise that comes in.
Paramore is back and better than ever

**ALBUM REVIEW: “This Is Why” Atlantic Records**

**BY JADYN DAVIS**  
**STAFF WRITER**

Six years after Paramore’s last album, “After Laughter,” the American rock band released their sixth studio album, “This Is Why.”

Since the release of its debut album “All We Know Is Falling,” Paramore has had a strong presence in the music industry with edgy and upbeat songs, like “Misery Business” in 2007 and “ Ain’t It Fun” in 2013. In “This Is Why,” the group reflects on the current state of the world after the COVID-19 pandemic and expresses frustration in the lyrics. Lead singer Hayley Williams, along with guitarist Taylor York and drummer Zac Farro, put together an album that shows maturity and understanding of life.

The opening track, “This Is Why,” starts the album with a strength of self-containment in regards to someone inserting their opinion. The lyrics, “If you want to save the world, I’ll go and softly show him / Or maybe you could scream it / Might be best to keep it / To yourself,” can cause the listener to question whether they should speak up or stay silent. The rush of the guitar is sure to pump up the listeners. The second track “This Is Why” continues with the second track, “The News,” which itself is reminiscent of the band’s early punk rock sound. Williams’ voice matches the intensity of York’s guitar and Farro’s drum. The lyrics, “Every second on our collective heart is all / All together, every single head shake / Shut your eyes, but it won’t go away,” can allow the listener to relate to how it feels to be in a world where there is not as much. The film largely works as Europe and meets a collection of unique perspectives in Eo’s world with the camera, despite the discordant feeling of the film and the inability to communicate at all, even more when what the camera cannot see, or use facial expressions to show emotion or speak out. The rush of the guitar is sure to pump up the listeners.

“Liar” continues with the sweet, melodic sound of Williams’ voice, along with the slower-sounding guitars and drums. In “Liar,” Williams opens up about her dishonesty in regards to someone inserting their opinion. The lyrics, “Oh my love / I lied to you / But you always knew the truth,” can allow the listener to relate to how it feels to be in a world where there is not as much. The film largely works as Europe and meets a collection of unique perspectives in Eo’s world with the camera, despite the discordant feeling of the film and the inability to communicate at all, even more when what the camera cannot see, or use facial expressions to show emotion or speak out. The rush of the guitar is sure to pump up the listeners.

“Incorporating another language into a song can be risky, but this is something that had been overly difficult to relate to how it feels to be in a world where there is not as much. The film largely works as Europe and meets a collection of unique perspectives in Eo’s world with the camera, despite the discordant feeling of the film and the inability to communicate at all, even more when what the camera cannot see, or use facial expressions to show emotion or speak out. The rush of the guitar is sure to pump up the listeners.

“Crave” is a nice follow-up to “Liar,” as Williams expresses her passion for love. The slow and relaxed vibe of the song can allow the listener to immerse themselves into the track. The album ends off strong with “Thick Skull,” which has a very cinematic feel to it. The slow and emotional song allows each member of Paramore to shine bright as they put all into this final song. “Thick Skull” starts small but becomes more intense as the song continues. Overall, “This Is Why” tells Paramore’s punk rock vibe from the 2000s but with a more mature view on many aspects of life, like love, conflict and pain. Many longtime fans of Paramore now have an album that matches the place they are in their lives.

**Tale of lost donkey brings empathy and compassion**

**STAFF WRITER**

Despide the development of a vast catalog since the creation of motion pictures, not many live-action fiction films tell stories since the creation of motion pictures, not many live-action fiction films tell stories. “This Is Why” continues with the second track, “The News,” which itself is reminiscent of the band’s early punk rock sound. Williams’ voice matches the intensity of York’s guitar and Farro’s drum. The lyrics, “Oh my love / I lied to you / But you always knew the truth,” can allow the listener to relate to how it feels to be in a world where there is not as much. The film largely works as Europe and meets a collection of unique perspectives in Eo’s world with the camera, despite the discordant feeling of the film and the inability to communicate at all, even more when what the camera cannot see, or use facial expressions to show emotion or speak out. The rush of the guitar is sure to pump up the listeners.

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**MOVIE REVIEW: “EO” ARP Sélection**

**BY PATRICK MAZZELLA**  
**STAFF WRITER**

The other formal elements of the film work to set up a truly impactful story upon reflection. Skolimowski’s fierce command of the camera reflects on the current state of the world after the COVID-19 pandemic and expresses frustration in the lyrics. Lead singer Hayley Williams, along with guitarist Taylor York and drummer Zac Farro, put together an album that shows maturity and understanding of life.

Skolimowski’s intense vision in “This Is Why” continues with the second half of the album. The story of “EO” follows the donkey Eo as he is taken from his owner. The story of “EO” follows the donkey Eo as he is taken from his owner.

**From left, drummer Zac Farro, vocalist Hayley Williams and guitarist Taylor York make up the rock band Paramore.**  
**COURTESY OF ATLANTIC RECORDS**

In “EO,” Skolimowski and his co-writer Ewa Piasecka do not seem to be attempting to set up a truly impactful story upon reflection. Skolimowski’s fierce command of the camera reflects on the current state of the world after the COVID-19 pandemic and expresses frustration in the lyrics. Lead singer Hayley Williams, along with guitarist Taylor York and drummer Zac Farro, put together an album that shows maturity and understanding of life.

From left, drummer Zac Farro, vocalist Hayley Williams and guitarist Taylor York make up the rock band Paramore.
answers to last issue’s sudoku:

sudoku

very easy

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9 1 4
2 7 6 1
3 6
8 4 3 2 7
2
1 4 5 7 8
3 7 9 2 5
6 2 3
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medium

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4 1 8 6 3 9 2 5 7 4 9 5
6 9 7 1 2 5 3 8 4
5 3 2 7 8 4 1 9 6
7 5 1 4 9 2 8 6 3
2 8 9 3 5 6 4 7 1
3 6 4 8 1 7 9 2 5
1 7 6 2 4 8 5 3 9
8 4 5 9 6 3 7 1 12
9 2 3 5 7 1 6 4 8
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hard

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2 4 9 6 5 3 7 1 8
5 8 3 7 1 9 4 6 2
1 6 7 8 4 2 5 3 9
8 3 4 1 6 7 2 9 5
9 7 1 3 2 5 8 4 6
6 5 2 4 9 8 1 7 3
3 1 5 2 7 6 9 8 4
4 2 8 9 3 1 6 5 7
7 9 6 5 8 4 3 2 1
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crossword

By Quill Driver Books

ACROSS
1 Worse than bad 46 Lick — monster
6 Smack 47 Gravy no-no
10 Advanced degs. 48 Earlie feeling (2 wds.)
14 Castle or Dunne 51 Was on a jury
15 Highway fee 52 Spigota
16 Walk unsteadily 56 In charge of
17 Deserving of 57 Mediterranean
contempt 67 casino town (2 wds.)
19 Popular cookie 13 Job opening
20 Before 18 Outshod
21 Mistarlie 23 Hires out
22 Nearly 24 Hospyle exploitive
26 Footfall 62 Unmuddled
27 Ascended 63 — Flintstone
30 Hising 64 Former frost
34 Taji 65 Go to the rink
35 Custards 66 Hang-Up
36 Clingy seedpod (var.)
37 Not new 67 High-flyer
38 Dropping into 68 Pad
court 69 Hot
39 Dry and withered 70 High flyer
40 Sch. near 71 Damsel rescuer
41 Some Iraqis 12 Poor grades
42 Pursue 72 Poor grades
43 Not out of the question
45 Came into view

DOWN
1 Verdi’s princess 13 Job opening
2 Small bird 18 Outfitted
3 Celebration 23 Hires out
4 With skin intact 25 Hairstyling goo
5 Fragrant necklace 26 Reaches across
6 Dull 28 Economic downturn
7 Hoop’s place 29 Is a party to
8 Omitting none 30 Playground gear
9 Making folds in cloth 31 Hardhat’s support
10 On time 32 Nanny
11 Damsel rescuer 33 Money-hunger
12 Poor grades 34 Not out of the question
17 Deserving of contempt 35 Rolls tightly
18 Outfitted 38 Includes in a larger category
19 Popular cookie 39 Conversation about one’s business
20 Before 40 Sch. near
21 Mistarlie 41 Some Iraqis
22 Nearly 42 Pursue
26 Footfall 43 Not out of the question
27 Ascended 45 Came into view
30 Hising 46 Loch — monster
34 Taji 47 Gravy no-no
35 Custards 48 Earlie feeling (2 wds.)
36 Clingy seedpod (var.)
37 Not new 49 At any time
38 Dropping into court 50 Leap in a luta
40 Sch. near 51 Scissors sound
41 Some Iraqis 52 Spigota
42 Pursue 53 Field
43 Not out of the question 54 Survey chart
45 Came into view 55 Achy
46 Loch — monster 56 In charge of
47 Gravy no-no 57 Mediterranean
casino town (2 wds.)
48 Earlie feeling (2 wds.)
More than just a game

IC students put together panel on mental health for collegiate athletes

By Tess Ferguson

As student athletes trickled into Emerson Suites on Feb. 21, a panel of seemingly un-related guests shared the stage, and five of Ithaca College’s MBA students had the opportunity to watch the event they had been planning since August 2022 come to life.

The panel event, entitled “Strong Bodies & Minds,” was organized by graduate students Christian Bassi, Blake Eischen, Brady Lynch, Luka Radovich and Sophia Titus as a part of the MBA program in collaboration with South Hill Entertainment, the college’s production company staffed entirely by students. All of the group members except for Titus are also student-athletes at the college.

The event — including Connor Buzcek, Cornell’s men’s head lacrosse coach, Katie Lever, former Division I distance runner from Western Kentucky University, and Blaze Riorden, Premier Lacrosse League goalkeeper — allowed the three elite athletes to share their experiences and advice regarding the pressures of high-level sports with a new generation of student-athletes.

Lynch, who is a member of the college’s women’s basketball team, said the aim of the project stemmed largely from the lack of applicable advice on mental health that student-athletes are generally offered.

“There are so many mandatory mental health events and meetings that [athletes are] supposed to do, but how much of that is actually helpful?” Lynch said. “Our goal was [to] create more of an interactive, candid environment where people can just have a conversation with these panelists and gauge their input.”

In a conversation led by Greg Shelley, senior director of sports leadership and mental conditioning at Cornell University, the three panelists reflected on their time competing in hopes of offering the audience some valuable pieces of advice in terms of staying mentally healthy while pursuing collegiate athletics.

Whether it was body image, injury psychology or disordered eating, the panel touched on countless topics that have been plaguing student athletes. A survey conducted by Daniel Eisenberg, a professor at the University of Michigan School of Public Health, found that 33% of all college students experience significant symptoms of depression, anxiety or other mental health conditions. Among that group, 30% ask for help. However, of collegiate athletes with mental health conditions, only 10% seek some sort of support.

For Eischen and Bassi, two members of the college’s men’s lacrosse team, having Buzcek and Riorden participate on the panel made the project that much more personal to them. Bassi said that, as a goalkeeper himself, the opportunity to work with Riorden was something he could never pass up.

“When we got [Riorden] on board, I was just so excited to work with him,” Bassi said. “Being in that same position on the field … there were some things I knew I had to pick his brain about.”

Goaltenders across all sports often have a very different relationship with their respective games than their fieldplayer teammates. In 2009, former NHL goalkeeper Justin Goldman launched The Goalie Guild, a nonprofit foundation dedicated to supporting the mental health of hockey goalkeepers.

Riorden, who has competed as a goal-keeper professionally since 2016, said that although his position in the cage can get isolating, it has always been his teammates who have kept him grounded.

“You show up to college by yourself and within one day you have 47 brothers,” Riorden said. “Being able to look around the locker room and knowing that all these guys are feeling the same hardships after a loss or a hard day at practice … knowing that they’re all in it for the same reason I am, that’s something that brings me a lot of comfort.”

Buzcek, a decorated Cornell 2015 graduate who recently led his team to its first NCAA Final Four since 2013, said that knowing the event is coming from within his own community gives him some confidence that the mental health conversation is moving in the right direction.

“As a guy who’s been a part of the Ithaca lacrosse community for a long time, it’s really exciting to see these student-athletes taking that next step forward and having these important discussions on a stage like this,” Buzcek said.

Buzcek said that when Bassi had connect- ed with him during the fall semester, he was thrilled to get involved with the panel and shed some light on an integral part of the sports world.

“Mental health is a topic that’s not discussed nearly enough and it’s certainly something that needs a little more attention, so I was happy to get involved,” Buzcek said.

Similar to the local connection with Buzcek, the students were first introduced to Lever through Ellen Staurowsky, professor in the Ithaca College Department of Media Arts, Sciences and Studies. Titus said when Staurowsky had given the group a list of potential panelists, she knew Lever’s expertise would be valuable to the project.

“[Lever] is a former D-I athlete and now she’s getting her Ph.D. studying NCAA rhetoric around mental health,” Titus said. “She brings such a cool insight because not only has she been a student-athlete and a published author, but she’s literally becoming an expert in this field.”

At the event, Lever said that putting herself out there has played an important part in her adjustment to life after sports, and that her participation in the panel was a result of that effort.

“I still love to challenge myself and step out of my comfort zone, it’s something I crave especially as a retired college athlete,” Lever said. “Doing something like this gives me the opportunity to step onto that kind of platform again and see what I can do.”

Riorden’s involvement, however, came from a more familiar connection — he is eng-aged to Titus’s cousin. Titus said that when she reached out to Riorden, he was already prepared to get to work.

“When I asked [Riorden] if he would be interested, I didn’t want him to say yes just because we’re family,” Titus said. “He understands how important mental health is to young athletes and it’s a cause that he’s truly connected to. He hasn’t done anything like this before, so he really was excited to jump in.”

At the event, Riorden was able to expand upon his time competing at the professional level and how his time with the Premier Lacrosse League has impacted his life outside the sport.

“One of the biggest things I’ve learned is I’ve gotten older is that the most growing you’ll do is by learning from other people and their experiences,” Riorden said. “Us- ing other peoples’ experiences to be able to manage my own has been huge in my growth on and off of the field.”

For Titus, building mental strength as an athlete is part of practicing self-care. Al- though much training focuses on the body, the mental aspect of sports can be just as im- portant to those playing it.

“We want athletes to know how to take care of their whole self,” Titus said. “The last thing they need is an Achilles’ heel in their brain.”

Contact: tferguson@ithaca.edu
Forward dominates final portion of basketball season

BY BILLY WOOD

The senior forward for the Bombers, Radovich went on a tear through the Liberty League.

This season, Radovich recorded six straight double-doubles — tallying double figures in two statistical categories — between Feb. 3 and March 12, helping the Bombers in scoring for six of the last eight games.

Radovich has been a constant four-year Bombers basketball season. He has only dipped below double figures in points three times in 25 games and has recorded over 20 points 10 times. Radovich also leads the team in points, averaging 18.4 a game for the third-best mark in the Liberty League. In addition, he recorded Liberty League’s highest single-game points total of the season, 40 points against Keuka College on Feb. 19.

Radovich said the inspiration for his latest success was the realization that his time on the court is coming to an end next season. After playing all four seasons with the Bombers, Radovich transferred to the college in 2020 after two years at Fordham University.

“I’ve been playing basketball my entire life and it’s come down to this last couple of months,” Radovich said. “Coming into this season, I knew this was going to be my last time ever playing organized basketball, and I just wanted to make the most of it.”

Radovich shot 49% from the field and 36% from three, this season, while averaging 8.4 rebounds. He said he knows he has a special skill set and uses it to his advantage.

“Most of the [big men] in the league are just kind of strict big men,” Radovich said. “I can get at the top and either pump-fake like and drive or just shoot the defender is not there in time.”

Junior guard Noah Downing said he has felt the impact of Radovich’s play on the team and said how much Radovich’s diverse skill set as a 6-6 1/4-inch forward with efficient shooting allows his teammates more flexibility in their style of play.

“We complement each other really well,” Downing said. “Obviously, he can shoot and handle time ball, which is very unique for a guy that plays the five and being that size. It opens up the game for me because they’re so worried about him, [we] that opens up more shots for me.”

Radovich’s impact on the team’s success can be found on both sides of the court. Head coach Waleed Farid said Radovich has taken a big step in his defensive game since last season and has grown in his overall game.

“His mindset in terms of, ‘I’m gonna play hard every single play,’ think it’s obviously there,” Farid said. “He’s really bought in and he’s improved a lot defensively. … His buy-in and effort on the defensive end has helped him be able to allow our team to play faster, get more possessions and open up things for him to play his game.”

Both Farid and assistant coach Matthew Smith said the energy Radovich played with over the last few games of the season. It has also been noticed by Downing, who said the team and Radovich have been showing a lot of drive down the stretch.

“Every opportunity we have and all of us are a lot more locked in,” Downing said. “I can see [Radovich] showing a little more emotion when he’s making a good play or teammates are making a good play, and I think everyone is really excited when something goes right for someone else.”

Radovich and the Bombers will be going into the Liberty League playoffs as the top seed in the division for the first time since 2011, looking to bring home another title to the college, with the semifinal game at 8 p.m. Feb. 24 in the Ithaca Light Gymnasium. With this being Radovich’s last opportunity to grab a conference title, he said he knows it will be playing for his dad, who introduced him to the game.

“I’ve been playing basketball my entire life and I know how much it means to him,” Radovich said. “He’s coached me my whole life. The past couple of games I’ve been talking with him so much, he’s been telling me, ‘You’re killing it.’ I’ve been making him proud. Before every game, I tell myself I who I’m doing this for and it’s always him.”

One of the things the Bombers take pride in is how close the team is to one another. Radovich said this roster is the closest team he has ever been a part of and it would mean a lot to him to win a title with them.

“The one team that I can say was close as this one was my senior year high school team, and that’s because we went to a small school and we all grew up together,” Radovich said. “I only have like three or four weekends left of true basketball, so I really wanted to turn it up.”

CONTACT: WOOD@ITHACA.HC

Football coordinators leave program for Division I

BY FLYNN HYNES

 CONTRIBUTING WRITER

After a historic undefeated season from the Ithaca College football team, the Bombers are seeing many of its offensive coordinators jump rats in the college sports world.

The college’s offensive coordinator Sean Reeder has announced that he will be leaving the team to accept an offer on the right ends coach at the Division I University of Pennsylvania, which competes in the Ivy League.

In addition to this, defensive coordinator Trevor Warner has left to be the safeties coach at Stony Brook University, which competes in the Colonial Athletic Association, also a D-I program.

The Bombers’ offense proved that it was no joke this season, as Reeder led an offense that averaged 385.6 yards and 37.2 points per game. In four seasons, he demonstrated a key role in the Bombers’ defense had a strong season. The South Hill squad only allowed an average of 14.38 points per game and was ranked No. 9 by the NCAA for their pass efficiency defense in all Division III.

In addition, three defensive backs were placed on the All-Division I First Team Defense under Warner in 2022: seniors Anthony Robinson and Derick Stilwa and graduate student Michael Roumes.

Similar to Reeder’s position, Toerper explained that he was grateful to have Warner on the staff. Warner joined the team in 2019 as the defensive backs coach and special teams coordinator before being promoted to defensive coordinator after the 2020 season.

“Coach Warner will also be moving on to a positional role within a [Football Championship Subdivision] program,” Toerper said via email. “We are thankful for his efforts here at Ithaca and wish him nothing but the best.”

Stilwa, who will also be returning in 2023, echoed the same sentiment and added his appreciation for the thoroughness of Toerper.

“Senior quarterback A.J. Wingfield said via email that the offensive coordinator is now an assistant head coach Mike Hancher. Hancher has experience being the offensive coordinator at other schools and served as the interim head coach in 2022 after Swanstrom left the program under Warner as an assistant coach.

On top of that, Stilwa said Toerper will be filling the role of the defensive coordinator. He explained that Toerper has experience in the past and is qualified for this role based on his previous jobs before his current position.

“Coach Warner should step in and coach the defense,” Stilwa said. “Coach Warner played safety in college and was previously our defensive coordinator.”

However, Toerper said in an email to The Ithacan that he would not comment on any one being named a coordinator, as nothing has been finalized.

“Coach Toerper should step in and coach the defense,” Stilwa said. "Coach Toerper played safety in college and was previously our defensive coordinator."
ATHLETE OF THE WEEK
CAMERYN NICHOLS/GYMNASTICS

Senior Cameryn Nichols dismounts from the balance beam, where she topped the results of the event at the Harriet Marranca Invitational on Feb. 19 in the Ben Light Gymnasium. Her performance slipped past a three-way tie for second place.

Sophomore Abigail Ignagni races the 200-yard breaststroke in the NCAA B-Final during the Liberty League Championship on Feb. 18, where the Ithaca College women’s swimming and diving team earned its fourth consecutive conference title.

COMPETITION OF THE WEEK
WOMEN’S SWIMMING AND DIVING

Senior Cameryn Nichols dismounts from the balance beam, where she topped the results of the event at the Harriet Marranca Invitational on Feb. 19 in the Ben Light Gymnasium. Her performance slipped past a three-way tie for second place.

Sophomore Abigail Ignagni races the 200-yard breaststroke in the NCAA B-Final during the Liberty League Championship on Feb. 18, where the Ithaca College women’s swimming and diving team earned its fourth consecutive conference title.

EVENT TO WATCH

ITHACA VS. SUNY CORTLAND

In its second home game of the season, the No. 10 Ithaca College women’s lacrosse team welcomes the No. 13 SUNY Cortland Red Dragons to Higgins Stadium with hopes of extending its current three-game win streak against the team. The game will mark the first ranked competition in both teams’ schedules and will set the tone for the spring as the Bombers aim to build on the lofty standards they set last season. The women closed out 2022 with a 17–4 overall record after falling to the No. 6 Franklin and Marshall Diplomats in the third round of the NCAA tournament.

NOTABLE UPCOMING COMPETITIONS

MEN’S AND WOMEN’S DIVING: Both teams will be attending the NCAA Regional Championships Feb. 24–25.


WOMEN’S LACROSSE: 1 p.m. Feb. 25 vs. SUNY Brockport.

MEN’S LACROSSE: 4 p.m. Feb. 28 vs. Lycoming College.

QUOTE OF THE WEEK

“We want athletes to know how to take care of their whole self. The last thing they need is an Achilles’ heel in their brain.”

- SOPHIA TITUS
Graduate student on her MBA panel event: “Strong Bodies & Minds.”
Junior Adriana Sulca enjoys a day of snow tubing at Greek Peak Mountain Resort on Feb. 18 as a part of a field trip hosted by the Outdoor Adventure Residential Learning Community. The Outdoor Adventure RLC hosts several events throughout the semester aimed at challenging students to connect with the environment.